



## ASTHMA HEALTH PLAN



Insert

Student

Photo

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_ DOB: \_\_\_\_\_

School Site/Teacher: \_\_\_\_\_

Asthma Triggers: \_\_\_\_\_

Has Inhaler: ☐ In Health Office ☐ Self Carries ☐ NO inhaler @ School

Other Medication(s): \_\_\_\_\_

*(Any medication administered at school need a medication form that is updated at least annually)*

### Emergency Contacts:

Mother/Father/Other: \_\_\_\_\_ Contact #: \_\_\_\_\_

Mother/Father/Other: \_\_\_\_\_ Contact #: \_\_\_\_\_

SYMPTOMS OF AN ASTHMA EPISODE MAY INCLUDE ANY/ALL OF THESE:	SIGNS OF AN ASTHMA EMERGENCY MAY INCLUDE ANY/ALL OF THESE:
<ul style="list-style-type: none"> <li>• CHANGES IN BREATHING: coughing, wheezing, breathing through mouth, shortness of breath, nasal flaring.</li> <li>• VERBAL REPORTS OF: chest tightness, chest pain, cannot catch breath, dry mouth, "neck feels funny", doesn't feel well, speaks quietly.</li> <li>• APPEARS: anxious, sweating, nauseous, fatigued, stands with shoulders hunched over and cannot straighten up easily.</li> </ul>	<ul style="list-style-type: none"> <li>• Difficulty in walking and talking.</li> <li>• Blue-gray discoloration of lips and/or fingernails.</li> <li>• Failure of medication to reduce worsening symptoms with no improvement 15 – 20 minutes after initial treatment.</li> <li>• Respirations greater than 30/min</li> <li>• Pulse greater than 120/minute</li> <li>• Pulse Oximeter Reading of 92% or less (suggests hypoxemia "low oxygen levels")</li> </ul>

### TREATMENT: Stop activity immediately.

- Help the student assume a comfortable position. Sitting up is usually more comfortable.
- Encourage purse-lipped breathing.
- Encourage fluids to decrease thickness of lung secretions.
- Give/facilitate medication as ordered: ☐ Inhaler ☐ Other: \_\_\_\_\_
- Observe for relief of symptoms. If no relief noted in 15 – 20 minutes, follow steps below for an asthma emergency. Stay with student. Notify school nurse or appropriate office staff if not done so already.

### STEPS TO FOLLOW FOR AN ASTHMA EMERGENCY:

- **Call 911** (Emergency Medical Services) and inform them that you have an asthma emergency. They will ask the student's age, physical symptoms, and what medications he/she has taken and usually takes.
- Contact the student's parent/guardian if not done already.
- A staff member should accompany the student to the emergency room if the parent/guardian or other emergency contact is not present and adequate supervision for other students is present.

Parent/Guardian (name/signature): \_\_\_\_\_ Date: \_\_\_\_\_

ASTHMA Health Plan for: \_\_\_\_\_ Grade: \_\_\_\_\_ DOB: \_\_\_\_\_

Reviewed by Health Office (name/signature): \_\_\_\_\_ Date: \_\_\_\_\_

Reviewed by District RN (name/signature): \_\_\_\_\_ Date: \_\_\_\_\_

Validation of appropriate inhaler use for Students with orders allowing self-carry of Inhaler:

Staff member validating student has demonstrated or verbalized proper inhaler use and storage while at school/on bus:

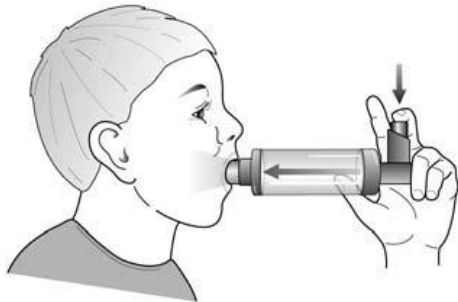
Staff member name: \_\_\_\_\_ Date of validation: \_\_\_\_\_ ☐ N/A

## Asthma - How to Use An Inhaler and Spacer

### What is a Spacer with an Inhaler?

A spacer is used with an inhaler to help deliver asthma medicine to the small airways in the lungs. By using a spacer with an inhaler, side effects from medicines can be less.

### How do I use my Spacer with an Inhaler?

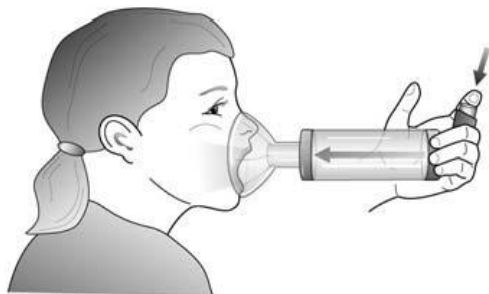


1. Sit upright and remove the caps from the inhaler and the spacer.
2. Shake the inhaler well, and then place it into the open end of the spacer.
3. Tilt your head back slightly and breathe out all the way.
4. Seal your lips around the spacer mouthpiece.
5. Press the inhaler to release one puff as

**you breathe in slowly and deeply for 3-5 seconds, making sure the spacer doesn't make a whistling sound.**

6. Hold your breath for 10 seconds or as long as you can. Then remove the spacer from your mouth and blow out slowly. If you are not able to take a single deep breath, you may take 3 or 4 slow deep breaths.
7. If a second puff is ordered, repeat steps 3-6.

### How do I use my Spacer with an Inhaler and Facemask?



1. Sit upright and remove the caps from the inhaler and the spacer.
2. Shake the inhaler well, and then place it into the open end of the spacer.
3. Support your child in a sitting position with the child's chin tilted up slightly.
4. Gently place the mask over your child's

**mouth and nose. Press the inhaler once to release a puff of medicine into the spacer.**

[https://cchealth.org/asthma/pdf/How\\_to\\_Use\\_an\\_Inhaler.pdf](https://cchealth.org/asthma/pdf/How_to_Use_an_Inhaler.pdf)